

DAFTAR PUSTAKA

- Amir, N. 2004. Pengembangan Instrumen Kecemasan Olahraga. *Anima*. Vol. 20, No. 1, 55-69.
- Arikunto, S. 1998. *Prosedur Penelitian, Suatu Pendekatan Praktik*. Jakarta: Rineka Cipta.
- Arndt, Jody E., Wendy L.G. Hoglund, Esther Fujiwara. 2013. Desirable responding mediates the relationship between emotion regulation and anxiety. *Personality and Individual Differences*. journal homepage: www.elsevier.com/locate/paid
- Atkinson, R.L. Atkinson, R.C. & Hilgard, E.R. 1999. *Pengantar Psikologi*. Jakarta: Erlangga.
- Azwar, S. 2007. *Metodologi research jilid 2*. Yogyakarta. Andi Offset.
- _____. 2011. *Reliabilitas dan Validitas*. Yogyakarta: Pustaka Pelajar.
- Barlow, D.H & Durand, V. 2006. *Psikologi Abnormal*. Buku Pertama. Yogyakarta: Pustaka Pelajar.
- Blackburn dan Davidson. 1990. *Terapi kognitif untuk depresi dan kecemasan suatu petunjuk bagi praktisi*. Semarang: IKIP Semarang.
- Chaplin, J.P. 2006. *Kamus Lengkap Psikologi*. (terjemahan: Kartini Kartono). Jakarta: PT. Raja Grafindo Jaya.
- Cox, R.H. 2002. *Sport Psychology: Concepts and Applications*. New York: Mc Graw-Hill Companies, Inc.
- Daud, K.Z.M & Asniar, K. 2005. Pengaruh Kebiasaan Menonton Televisi terhadap Pengendalian Emosi Anak. *Jurnal Intelektual*, September volume 3 No2.
- Garnerfski, N., Kraaij, V. (2007). The Cognitive Emotion Regulation Questionnaire. *European Journal of Psychological Assessment*; Vol. 23(3):141–149. University of Leiden, The Netherlands.
- _____. & Spinhoven, . (2002). *Manual for use the cognitive emotional regulation Questionnaire*. Belanda : DATEC.
- Goleman, D. 2004. *Emotional Intelligence : Mengapa EI Lebih Penting Daripada IQ*. Jakarta: PT. Gramedia Pustaka Utama.

- Gross, J. J. 1999. Emotion regulation : Past, Present, Future. *Cognition & Emotion*, 13, 551-573.
<http://www.ask.com/web?q=emotion+regulation>.
- _____ (eds.).(2007). *Handbook of Emotional Regulation*. New York: The Guilford Press.
- Gunarsa, S. D. 2008. *Psikologi Olahraga Prestasi*. Jakarta: Gunung Mulia
- Hadi, S. (2000). *Metodelogi research*. Yogyakarta : Yayasan Penelitian Fakultas Psikologi Universitas Gadjah Mada
- Husdarta, H.J.S. 2010. *Psikologi Olahraga*. Bandung: Alfabeta
- Kimberly, S. (2003). *Regulating Emotion in Parent-Child and Peer Relationships; A Comparason of Sexually Maltreated and Nonmaltreated Girls*. *Child Maltreated*, 8, 163.
- Lazarus, R.S. 1991. *Emotion and Adaptation*. New York : Oxforrd University Press.
- Mauss, I B., Bunge, silivia A., & Gross, James J. (2007). *Autmati emotion regulation*. *Social and Personality Psychology Compass*, 1. 10 146 167
- Maryam, Inana S. 2013. Hubungan Antara *Self-Eficacy* Dengan Kecemasan Menghadapi Ujian Matematika Pada Siswa SD Negeri Bratan III Surakarta. *Skripsi* (tidak diterbitkan). Surakarta: Universitas Muhammadiyah Surakarta
- Miftakul Jannah. *Regulasi emosi mempengaruhi prestasi atlet*. Di akses 26 Desember 2013 dari <http://www.ugm.ac.id/en/post/page?id=4719>
- Morris, A.S., Slik., J.S., Steinbreg, L., Myers, S.S.& Robinson, L.R. (2007) The role of the family context in the development of emotion regulation. *Journal of social development*, 16, 2, 361-388.
- Mousavi, S.H. and Meshkini, A. 2011. The Effect of Mental Imagery upon the Reduction of Athletes` Anxiety during Sport Performance. *International Journal of Academic Research in Business and Social Sciences*. October 2011, Vol. 1, No. 3. ISSN: 2222-6990
- Putnam, K.M & Kenneth R.S. 2005. *Emotion Dysregulation and The Development of Borderline Personality Disorder*. Cambridge University Press United States of America. 19 Maret 2009.
<http://www.addiction.umd.edu/classlinks/Psyc434/Putnam%202005.pdf>
- Reivich & Shatte. 2002. Resiliensi. <http://id.wikipedia.org/wiki/Resiliensi>

- Satiadarma, M.P. 2000. *Dasar-dasar Psikologi Olahraga*. Jakarta: Pustaka Sinar Harapan
- Spielberger, C. D, Gorsuch, R. L & Lushene, R. E. 1970. *The state-trait anxiety (S.T.A.I.) test manual for form*. Palo Alto: Consulting Psychologists Press
- Stanley , Damian M., Andrew M. Lane, Christopher J. Beedie, Andrew P. Friesen and Tracey J. Devonport. 2012. Emotion regulation strategies used in the hour before running. *International Journal of Sport and Exercise Psychology*. Vol. 10, No. 3, September 2012, 159–171